

Local Harvest Bake - USDA Recipe I250 for Schools

Meal Components: Vegetable - Red / Orange, Vegetable - Other

Side Dishes, I-26

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	<div>1. Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.</div> <div>2. Bake:</div> <div>3. Critical Control Point: Heat to 135 °F or higher.</div> <div>4. Transfer to steam table pan (12" x 20" x 2 1/2").</div>
*Fresh beets, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	
*Fresh sweet potatoes, peeled, cubed 1/2"	4 lb	3 qt	8 lb	1 gal 2 qt	
Olive oil		2/3 cup		1 1/3 cup	
Kosher salt		2 tsp		1 Tbsp 1 tsp	
Fresh garlic, minced		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Dried parsley		2 tsp		1 Tbsp	

6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with No. 8 fl oz spoodle (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Butternut Squash	4 lb 14 oz	9 lb 12 oz
Beets	5 lb 6 oz	10 lb 12 oz
Sweet Potatoes	5 lb	10 lb

Serving	Yield	Volume
See Notes	50 Servings: about 10 lb 100 Servings: about 20 lb	50 Servings: about 1 gallon 1 quart / 2 steam table pans (12" x 20" x 2 1/2") 100 Servings: about 2 gallons 2 quarts / 4 steam table pans (12" x 20" x 2 1/2")

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Nutrients Per Serving					
Calories	84	Saturated Fat	1 g	Iron	1 mg
Protein	1 g	Cholesterol		Calcium	28 mg
Carbohydrate	12 g	Vitamin A	8515 IU	Sodium	129 mg
Total Fat	4 g	Vitamin C	10 mg	Dietary Fiber	3 g